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Amendments to the Claims:

1. (Currently amended) An ingestible element suitable for being ingested by a person, comprising a solid piece having first and second spaced apart, generally opposed main surfaces and a peripheral surface adjoining and interconnecting said first and second main surfaces, and at least two intersecting bores extending through one bore formed in said solid piece between said opposed main surfaces, each bore and extending from one portion of said peripheral surface to another portion of the peripheral surface, and each said bore defining at least one air-passing channel making it possible to avoid choking in the event of being swallowed the wrong way.
2. (Previously Amended) An element according to claim 1, wherein the channel is cylindrical or substantially cylindrical.
3. (Previously Amended) An element according to claim 2, wherein the channel has a diameter lying in the range 0.5 mm to 6 mm.
- 4-9. (Cancelled)
10. (Previously Amended) An element according to claim 1, wherein said element is a foodstuff.
11. (Cancelled)
12. (Currently amended) An element according to claim 1 [[11]], including an additional bore extending through the solid piece from said first main surface to said second

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main surface and intersecting said at least two ~~or more~~ intersecting bores to thereby provide a plurality of air flow channels.

13. (Currently Amended) An element according to claim 1, wherein said element is a tablet in the shape of a cylindrical disc having generally circular first and second main surfaces and an annular peripheral surface, and wherein each ~~said at least one bore~~ extends diametrically through said disc from a first position on said peripheral surface to a diametrically opposite position on said peripheral surface.

14-17. (Cancelled)